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## ABSTRACT OF THE DISCLOSURE

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An insert for the sole of a boot of a snowshoe runs transversely to the sole. The insert has two ends, each end being positioned on a lateral edges of the sole. The insert also has a holding element at each end that is designed to work with an element provided on the snowshoe. The length of the insert is independent of the size of the boot and is designed to be used on at least two different sizes of boots, so that the length of the insert will be the same for at least two boots of different sizes.

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